

SYNOPSIS: JANUARY 31, 1998

“In order to pass with honours, check the account of all your treasures and accumulate them.”

In Year of Liberation, give BapDada the gift of your perfection.

The supreme abode is the highest land. God, the Highest-on-High, comes from the highest-on-high land to teach the highest-on-high children. Only a handful out of many (*koto men koi*) receive God's sustenance (*Parmaatm paalna*), teachings, blessings and shrimat.

Relationships: Spend your whole day with BapDada.

1. Only listen to the Supreme Teacher. In the form of the Satguru, He gives you shrimat, blessings and also His company in every task.
2. When you eat, eat with BapDada. When you go for a walk, you walk with Him. Do not sleep on your own as you may have bad dreams or dreams with bad thoughts in them. At the time of amrit vela, when you wake up, you wake up absorbed in love for God. The bell of love for God awakens you.
3. When you go to work, your Director, your Boss, is BapDada. You are a trustee of that business, and the Father is the Master. You are an instrument, doing everything under His directions.
4. When you become sad, the Father becomes your Friend and tries to cheer you up. When you become mischievous and sulk - the Father comes to make up with you.

Effort:

1. Become the embodiment of what you think and say. Experience the form of whatever you think! **The greatest form is to become the embodiment of your experience.**
2. Become the embodiment of consciousness. When you are in the supreme abode in your eternal form, you are not an embodiment of

thoughts, but an embodiment of consciousness. By your becoming this embodiment, your virtues and powers automatically emerge.

3. If you remain constantly set on the seat of your form, then every virtue, power and type of intoxication will automatically emerge. This is known as the natural nature of a Brahmin, finishing other types of nature of many births. **The natural nature of Brahmin life is to become an embodiment of virtues and an embodiment of all powers. The nature of Brahmins is the nature of Father Brahma.** A Brahmin life means that the steps of Brahma Baba are the steps of Brahmins.
4. **Make this promise from your heart: No matter what it costs, you won't break your promise for the Year of Liberation.** Your words should be as sweet as the Father's. Your words to every soul should be filled with good wishes. **Words filled with good wishes are like diamonds and pearls.**
5. Accumulate at this time all the treasures of time, thoughts, words, the wealth of knowledge, the powers of yoga, the treasures of all virtues of a life of divinity.
6. Check your account of each treasure. To pass with honours, your account of accumulation of every treasure should be so full that you will be able to experience the fruit of that accumulated account of treasure for 21 births.
7. Claim the three certificates this year- a destroyer of one's own obstacles, a destroyer of the centre's obstacles and a destroyer of your companion's obstacles.
8. The file of complaints should stop. Even more than fine, become refined. Do not look at others to see what each one is doing. What do I have to do?
9. If you are able to bring about transformation in other souls through your good wishes, then do so. Otherwise, just give a signal! Put an end to your responsibility and bring about transformation in yourself and continue to fly ahead. This obstacle is also a golden thread of attachment which doesn't allow you to fly. It is a very subtle thread behind the curtain of truth. Liberate yourself from those subtle threads and celebrate the Year of Liberation.